

Seuen Sobs of a Sor-
rowfull Soule for
Sinne:

Comprehending
those seuen Psalmes of the
Princelie Prophet DAVID,
commonlie called Pœnitenti-
all; framed into a forme of famili-
ar praier, and reduced into meeter
by WILLIAM HVNNIS, one of
the Gentlemen of hir Maiesties
honourable Chapell, and
maister to the children
of the same.

Wherevnto are also annexed
his Handsfull of Honisuckles;
the Poore Widowes Mite; a Dia-
log betweene Christ and a sin-
ner; diuers godlie and pithie ditties,
with a Christian confession of
and to the Trinitie; new-
lie printed and
augmen-
ted.

16-675

2



To the right Honourable and
Vertuous Ladie, Francis, Countesse of
Suffex, and one of the Ladies of hir Ma-
iesties most Honourable priuie chamber: *W.*

Hunnis wislieth increase of vertue and ho-
nour, with long life, prosperous health,
godlie feare, firme faith, and
assured hope in the
Almightie.



He profe of your Ladiships
vertue hath emboldened me to
set forth this litle worke vnder
your honourable defense. And
although a fault by me is com-
mitted, in making you patronesse of so slender a
peece without your knowledge, yet hoping vpon
your honourable courtesie, which rather respec-
teth the mind of the giuer, than the worthines
of the gift; & perceiving the giuers desire to please
and zeale to profit, more than the qualitie of the
offense, I doe assure my selfe to be remitted of
the trespassse; which maketh me thinke
my travell not onelie sweet, but
also verie richlie re-
compensed.

Your Ladiships to command
William Hunnis.



The Author to his
Booke.

PASSE forth my booke into the hands
and view of sundrie men :
Humble thy selfe, declare thy name
who thee thus clad and when.
And blush not at the frumps of some,
ne feare at others frowne ;
More rich thou art in threedbare cote,
than some in silken gowne.
And giue them all to vnderstand,
from whence thou first didst spring,
How thou wast fostred in the brest
and bosome of a king.
And so(perhaps) some woorthie wight
will shape thee rich araie,
And set thee forth as thou deseru'st
with costlie iewels gaie.
Behaue thy selfe in such good sort,
if possible may be,
That euery one may thee imbrace,
and wish well vnto me.

Vale.



*The Booke to his
Readers.*

Good freends with fauor me peruse,
halfe naked though I bee,
Or not attird so gallantly,
as you desire to see.
Yet this from me your selues assure,
such substance here to find,
As shall bring hope vnto the hart,
and comfort to the mind.
Ofs vnder short and simple weed,
such vertue may be found,
As vnder pall of purp'le hew
that traileth on the ground.
I being good, am not the woorse,
though clothing mine be bad,
He that bestowed the same on me,
did giue the best he had.
In whose behalfe I humblie praise,
and for my selfe also,
You would vouchsafe to mend those faults,
that in my core ye kno.

Vale.

A.4.

Seven Sobs of a

Than is the mother of hir child
late borne with hir to liue.

Verse. 13. *Tu exsur-*
gens mife-
reberis
Sion.
Quia te-
pui mife-
rendi eam,
et non re-
mi. rem-
pus.
19 Arise therefore and mercie shew,
good Lord vpon Sion,
Which is thy faithfull people all,
or congregation.

20 For time it is on hir to looke,
and mercie shine extend,
She hath long time great paine sustaind,
whereof she craues an end.

21 What is this time, whereof we speake?
was euer anie time;

In which thou didst not mercie shew,
to louing seruants thine?

22 No verelie. For from the time
the angels downe did fall,
Vntill the time the world shall end,
thy mercie euer shall,

23 As it hath bin, from time to time,
vpon all that repent;

But cheefie was thy mercie shewd,
when Christ was hither sent

24 To suffer death, to win vs life,
thereby he enter might

The glorie of thy Maiestie,
aboue the angels bright.

25 This time was cald the time of grace,
and was appointed when

The fulnesse of the time was come,
which was vnscene to men.

26 And

Sorrowfull Soule.

- 26 And yet before this time, to him
was seene my Deitie,
Whereby, O Lord, all things thou doost
in order with mercie.
- 27 This time of heauenlie grace we trust
shall still continue heare,
To those in time that serueth thee,
with penance, loue, and feare.
- 28 The stones of Sion pleased well
thy seruants for thy truth,
And they vpon the ground thereof
shall praise thee and rush.
- 29 Apostles thine thy seruants were,
the stones good christians bee;
And thou the sure foundation
of this faire worke to see.
- 30 Not vpon man nor angels bright
did they this building laie;
But vpon thee the corner stone,
of all their worke the staie.
- 31 And as the heathen, Lord, shall feare
and tremble at thy name;
So Sion shall thy faithfull church,
giue glorie to the same.
- 32 Because thou Lord, hast Sion built,
thou wilt be seene therein,
In glorie and great maiestie,
with mercie for our sin.
- 33 Wherefore most louing father decree,
regard our humble sute,

D.2.

And

Verſe. 15.
Quoniam
placuerunt
ſeruis tuis
lapides e-
ius, & ter-
ra eius mi-
ſerebuntur
Verſe. 16.
Et time-
bunt gen-
tes. nomen
iuram da-
mine, &
omnes re-
ges terra
gloriam
tuam.
Verſe. 16.
Quia edifi-
cauit domi-
num Sion,
& videbi-
tur in glo-

Seuen Sobs of a

- ia sua.*
Verse. 17
Respexit
in oratio-
nem hu-
milium, &
non spre-
uit precem
eorum.
Verse. 18.
Scribatur
haec in ge-
meratione
altera, &
populus
qui crea-
bitur lau-
dabit do-
minum.
Verse. 19.
Quia pro-
spectus de
excelsis
sancto suo
dominus
de caelo in
terram
aspexit.
Verse 20.
Ne audi-
ret genti-
um compe-
ntorum.
- And not despise the plaints we make,
 nor doo our sinnes impute.
 34 As thou beheldst the sacrifice
 that Abell gaue to thee,
 And as the praier Iudith made;
 so cast thine eie to me.
 35 With those same eies vouchsafe to
 vpon vs when we praie, (looke
 Whereby the fame of mercie thine
 maie written be for aie
 36 For those that after vs shall come,
 by faith that borne shall be,
 To render thanks, giue laud, and praise
 vnto thy maiestie.
 37 This mercie sure annexed is,
 to nature thine diuine;
 When all was lost through deadlie sin,
 yet didst thou make vs thine.
 38 Thou Lord aloft, from heauenlie throne,
 didst view all things alow,
 And wouldst vouchsafe vpon the earth,
 thy gracious eie to throw;
 39 To see and heare the plaints we make,
 that festered be in thrall,
 And sentst thy deare beloued sonne
 from sinne to loose vs all.
 40 And he thereby put downe the diuell
 of death that victor was,
 And death in victorie was consum'd;
 this hath he brought to pas.

Sorrowfull soule.

- 41 For whie his sting of deadlie sin,
thou Lord hast pluckt awaie
To make vs thinke of goodnesse thine,
wherein reioise we maie ;
- 42 *And that in Sion we maie shew,
the glorie of thy name,
And likewise in Ierusalem
with praise to doo the same :*
- 43 That is, when we together meet
in faith with one accord,
*As well the kings as subiects poore,
to serue and praise the Lord.*
- 44 Thou art, o Lord in substance one,
and yet in persons three;
To whom all powers in heauen & earth,
obeisance giue to thee.
- 45 Thou sendest down thy dewes of grace
vpon vs for to light,
That we therwith good works may shew
to euerie bodie's sight.
- 46 *I answer maie, by no meanes else,
good works be wrought by mee,
But by the vertue and the grace,
that dooth proceed from thee.*
- 47 Thorow thy might thy laws we keepe
not of our selues we know,
But by the measure of thy grace,
thou didst on vs bestow.
- 48 *And yet, o Lord, I faine would know,
how short my daies shall be ;*

*ut saluer
filios suos
redemptorem*

Verse 2.
*Ut auaritia
ciens ijs
on nonne
domini,
laudem ei
in Ierusa
Verse 3.
*Quam co
ligentur
puli simi
& reges
seruiant**

Verse 3.
*Respondi
in via ro
misti sue*

*Pauca
dierum
rum nu
mibi*

D.3.

And

Seuen Sobs of a

And eke how long mine enimies
shall triumph ouer me:

49 Which is, thy church desires to know
how long she shall abide,
Beset with cruell enimies
about on euerie side.

50 To whom thou hast an answer made,
by Christ thy blessed sonne,
That still thy power with hir shall be,
vntill the world be donne.

51 And we hir children thee desire
to bring vs to the end
Of this short time, that we with thee
maie to the heauens ascend.

52 And til that time good Lord vouchsafe
thou wilt continue still
Thy grace and fauour towards vs,
according to thy will:

Verse. 24. Ne reuo-
ces me in
lrmidio
herum
aeorum.

53 *And not to leaue me anie time,*
in middle of my daies;

But by thine aid bring all **my time**
to end vnto thy praise:

54 That after these my temporall daies,
I maie behold and see

In genera-
tionem &
generatio-
um anni
ui.

Thine *euers*assing daies and yeeres,
which cannot numbred bee.

55 For all times heere doo swiftlie passe,
as time that is vnfire;

But yet time of eternitie
For euer shall indure.

56 For

Sorrowfull Soule.

56 For why, ô Lord, eternitie
is verie substance thine;
Which substance who so seeks to know,
no reason can define.

The third part.

Without beginning Lord thou wast,
and yet beginning gaue
To heauen and earth, and all therein,
which that creation haue, (power
2 Thy hands them wrought, which is thy
thy word them made also,
And at the last, They perish shall,
and motion theirs forgo.
3 Their substance still they all shall keep,
yet all shall changed bee,
For heauen and earth shall now be made
of glorie great to thee.
4 Likewise the bodies of all men,
shall perish with the rest,
And in another sort shall rise,
to thee as seemeth best.
5 But thou Lord, trulie shalt indure,
in thy high glorie great,
In maiestie omnipotent,
sitting on mercie seat;
6 When all shall wax and weare awaie,
as garments old to see,
And as a vesture new put on,
we all shall changed bee.

D. 4.

Verse. 25.

*In initio
tu domine
terrâ fundasti, &
opera ma-
nuum tua-
rum sunt
celi.*

Verse. 26.

*Ipsi peri-
bunt.*

*Tu autem
per ueritas.*

*Et omnes
sicut vesti-
mentum
veteras-
cent: &
sicut o-*

7 As

Seuen Sobs of a

perforium
mutabilis
eos &
mutabun-
tur.

Verf. 27.
Tu autem
idem ipse
es.

Et anni
eius non
deficient.

Verf. 28.
Falsi ser-
uorum tu-
orum ba-
bitabunt:
& semen
eorum in
seculum
dirigetur.

7 As garments to the bodie are
to couer them withall;

So be the bodies of the soule,
their vestures and their pall.

8 But thou art euen the selfe same one,
which euer doost abide,

That is to saie omnipotent,
and so is none beside.

9 Inuisible thou art likewise;
immortall eke withall,
And as thy yeares shall neuer faile,
so euer bide they shall:

10 So shall the soules of thine elect
immortallie remaine,
In ioy and great felicitie,
not knowing anie paine.

11 The soules of those that wicked are
immortall be also,

But they contrarie shall endure
continuall paine and wo.

12 And Lord, The sonnes of seruants thine,
togither they shall dwell:

Likewise their seed shall in thy sight
still prosper and doo well.

13 Thy seruants, Lord, the prophets were
apostles thine also,
From whom by faith we haue receiu'd,
as we belecue and kno.

14 And now vouchsafe, most mightie
to send vs of th. y grace;

(God
That

That in this life our faith by works
 maie shine in euerie place:
 15 That they to all may signifie
 how we thy seruants bee,
 And that both soule and bodie maie
 remaine and rest with thee.

De profundis. Psal. 130.

O God thou art the guide
 of those that blinded bee,
 And vnto those that are opprest
 a succour sweete we see.

Sing this
 the tune
 the 38.
 Psalme.

- 2 A comfort to the weake,
 an ease to those in paine,
 A life vnto the dead in graue,
 that sleeping yet remaine.
 3 O Lord, this makes me bold,
 though wicked I be found,
 And ouerwhelmed deepe in sin,
 and therein being dround,
 4 To call and crie to thee,
 from depth of miserie,
 Where none (but thou) can raise me vp,
 and safe deliuer mee.
 5 I can but moorne and weepe,
 fetch sighs, lament, and crie;
 As dooth the woman great with child,
 whose hower draweth nie:
 6 She no time can take rest,
 till she deliuered bee,

D. 5

Nor

Seuen Sobs of a

Nor I, till that my conscience feele
to be forgiven of thee.

7 It is not distance long,
that keeps my praier backe ;
Thou, Lord, doost heare before we call,
and giuest what we lacke.

8 Jonas was in the sea,
and in the fish three daies,
And from the deepe he cald on thee,
and straight thou didst him raise.

Verse. 1. 9 But from the deepe likewise,
De pro- of sinne and wickednesse,
fundis cla- To thee I call ; Lord heare my voice,
mau al and free me from distresse,
te domine.

Verse. 2. 10 And let thine eares, sweet Lord,
Domine to heare attentive bee,
exaudi The voice and praier of my plaints,
vocem me- that now I make to thee.

am. Fiant 11 And sith that Christ thy sonne,
aures tue hath suffred for vs all,

intenden- From endlesse death, to which by sinne
tes ad vo- we bounden were and thrall ;

cem depre- 12 Let not my sinnes then, Lord,
tationis to me be stop or staie,

me. Whereby my plaint should not be heard,
nor voice when I shall praie :

13 But rather wipe awaie
my sinnes for euermore,
The burden of the which I feele,
too greeuous be and sore.

Sorrowfull Soule.

- 14 If thou Lord, be extreame,
 to marke what sinnes be donne,
 Alas, no flesh shall saved be;
 that is vnder the sonne,
 15 O Lord, if that the iust,
 shall no time able be
 To enter into iudgement thine,
 to plead his case with thee;
 16 What shall becom of me
 that dailie doo offend,
 And of my sinne and wickednes
 (alas) doo know no end?
 17 Most vile and wretched man,
 and caitife wo forlorne,
 What shall I doo? but flee to thee,
 with hart berent and torne.
 18 For mercie is with thee,
 increasing more and more,
 Wherewith thou didst vouchsafe to come
 mankind for to restore.
 19 Wherein was satisfied
 thy iustice, and also
 Thy mercie found that which it sought,
 as we by grace doo kno.
 20 How feruent was this loue,
 to which thou didst vs bind?
 First by the law of nature writ
 in euerie hart or mind,
 21 And then by law, which was
 in tables written deepe,

Verse. 3.

*Si iniqui-
 rates ob-
 seruaueris
 domine,
 domine
 quis susti-
 nebis?*

Verse 4.

*Quia ap-
 te propo-
 sitio est.*

Verse. 5.

*Et propo-
 legeris
 aut susti-
 nui te do-
 mine.*

That

Seven Sobs of a

That euerie one accordinglie,
the same should hold and keepe,

22 Which was, that one of vs
should with the other beare,

And thereby to fulfill thy will,
with pittie, loue and feare.

23 I knowing this, am glad,
contented eke withall,

For to remit such injuries,
as vnto me maie fall.

24 For why, good Lord, I know,
thou doost forgieue to mee,
Much more offenses euerie daie
committed vnto thee.

25 And when it shall thee please,
to scourge me for my sin;
I gladlie shall the same receiue
knowing what I haue bin,

26 And that thy chastisement
proceeds of verie loue;
Which all shall turne to me such wealth,
as no man can remoue:

27 Hoping after this life,
my soule shall then obtaine,
Which hope abides still in thy word,
an euermore gaine.

28 *Such hope my soule hath had,*
by grace thou gau'it to me,
And by the same I firmelie trust,
my soule shall saued be.

29 The

*Sustinentis
in te
verbo tuo.
Veric. 6.
in te
in te
in te*

77
Sorrowfull Soule.

29 The husbandman through hope,
his ground dooth plough and sowe;
The same in hope dooth reap and thresh,
that gaine thereby might growe.

30 Euen so will I abide,
in hope of glorie thine,
Not onelie in my youth, ô Lord,
or anie pointèd time :

31 But still from morning watch,
untill the night of death,
Which is, from youth vnto mine age,
when life shall passe with breath.

32 Who so shall cast awaie
this hope yer death proceed,
Shall loose the time he watcht before,
and want thy helpe at need.

33 This hope in promise thine,
my soule hath safelie laid
Within the bosome of hir brest.
for euer to be staied.

34 And verie meet it is
that Israell also,
Which is all faithfull christians,
this hope should feeble and kno.

35 For blessed is the man,
that in the Lord dooth trust,
And who in man affiance puts,
he surelie is accurst.

36 For mercie is with God,
and grace abundant store,

*A custodia
matutina
vsque ad
noctem.*

*Verse. 7.
Speret
Israel in
domino.*

*Quia apud
dominum
misericordia
& copiosa
apud eum*

With

Seuen Sobs of a
 With which Israell is redeemed
 from sin for evermore : Amen.

redemptio
 Verse. 8.
 Et ipse re-
 demit Is-
 rael ex
 omnibus
 iniquita-
 tibus eius.
 Sing this
 to the
 tune of
 the creed
 Quicun-
 que vult.

Domine exaudi. Psal. 143.

The first part.



Lord, long time I wandred haue,
 and gone from thee astraie.
 And lost the portion y me gau'lt,
 in wastfull sinners waie.

2 With grace thou didst replenish me,
 therewith to follow thee;

But lust and liking of the flesh
 hath driuen the same from me,

3 So that vnworthie far I am,
 for to be cald thy sonne;

My wickednes so foule appeares,
 and faults that I haue donne.

4 Yet with the wastfull child, o Lord,
 I doo my selfe accuse;

And am with shame surprizd and caught,
 I did my selfe abuse.

5 Wherefore Lord, ponder my desire,
 and heare me when I praie,

And for thy truth and rightconnesse,
 attend to that I saie.

6 Thou hast with gifts indued me,
 of bodie and of mind,

And I the same abused haue,
 and shewd my selfe vnkind,

Verse. 1.
 Domine
 exaudi o-
 rationem
 meam, auri-
 bus percipe
 obsecrati-
 onem me-
 am, et in
 veritate
 tua exau-
 di me.

7 Thy

Sorrowfull Soule.

- 7 Thy iustice still dooth threaten me,
with euerlasting paine,
Thy mercie yet dooth promise me
to be restord againe.
- 8 Enter not into iudgement then,
with me, I humblie praie,
For in thy sight no man is iust,
as of himselfe to saie.
- 9 We all by sinne our selues haue made
more lothsome than the swine,
And fouler to be looked on,
wert not for mercie thine.
- 10 Which shall vs make like to the wooll
in colour faire and white,
When all our sinnes thou shalt forget,
and cleane put from thy sight,
- 11 But yet the diuell, mine enimie,
my sou'e pursueth still,
And hath brought low my life in earth,
a seruant to his will;
- 12 And with his net me compast round,
where vaine delights doo dwell,
Where lust vncleane and wickednesse
to bide dooth me compell.
- 13 He hath me set in darkenesse such,
as men that no life haue,
Or as those people being dead
are couered in the graue.
- 14 Now, Lord, My spirit so vexed is,
my hart is green'd also,

Verse.2.

Et non in-
tres in iu-
diciū cum
seruo tuo:
quia non
iustifica-
bitur in
conspēctu
tuo omnis
uiuentis.

Verse.3.

Quia per-
secutus est
inimicus
animam
meam, hu-
miliauit
in terra
uitam me-
am: collo-
cauit me
in obscuris
sicut mor-
tuum seculi.

Verse.4.

Et anxius
est super.

My

Seuen Sobs of a

*me spiritus
meus in
me, turba-
sit est cor
meum.*

*Verse 5.
Memor
sum die-
rum anti-
quorum,
meditatus
sum in
omnibus
operibus
tuis, in
factis ma-
nuum tu-
arum me-
ditabor.*

*Verse 6.
Expandi
manum me-
am ad te,
anima
mea sicut
terra sine
aqua.*

My conscience likewise witnesse beares
of anguish mine and wo.

15 My wisdom, Lord, confused is
by reason of my sin,

Repentance great my heart dooth rent,
to thinke what I haue bin.

16 I call to mind the daies of old,
and works that thou hast wrought,
The marvellous deeds that thou hast done,
I muse on in my thought.

17 As in the time of Moses law,
where mercie was not showne,
And he that did the same transgresse,
by death was ouerthrowne:

18 Yet in this hard and seuerer time,
thy mercie foorth was sent,
By prophets thine, with promise made,
to all that did repent.

19 If thou in time of crueltie
couldst then such mercie showe,
Much more O Lord, in time of grace
on me thy mercie throwe.

20 I haue spred foorth my hands to thee,
my soule for helpe dooth crie,
As dooth the earth that moisture wants,
where water none dooth lie?

21 That is, my life I changed haue,
from vaine delights that bee,
And haue my soule spred foorth at large,
that thou his filth mightst see.

22 For

Sorrowfull Soule.

- 22 For as the earth that moisture wants,
must barren be by kind:
So if my soule be void of grace,
no good is there to find.
- 23 But yet through moisture of that grace
from thee that dooth proceed,
Vouchsafe I maie thy mercie haue,
and that, ô Lord, with speed.
- 24 Heare me, ô Lord, and that right soone,
for why my spirit is weake
And feeble made; much like a man
that wanteth power to speake.
- 25 The feare is such that I possesse,
I readie am to fall,
The strength whereby my bodie liues
is gone awaie withall.
- 26 This feare of endlesse punishment,
which I deserued haue,
Had well nigh brought me in despaire,
yer I possesse the graue.

The second part.

Good Lord turne not thy face awaie,
least I be like to those
That doo descend into the pit,
where nought but horror growes.

- 2 Thou wilt not Lord the death of him
that hath offended thee;
But rather that he should re turne,
and saued so to bee.

Verse. 7.
*Velociter
exaudi me
domine, de-
fecit spiri-
tus meus.*

*Non auer-
sas faciem
tuam a me,
ne similis e-
ro descen-
dentibus in
lacum.*

3 Thou

Seuen Sobs of a

- 3 Thou art the true and onelie God,
the sauiour of mankind;
Without thee there is nothing else
that we shall mercie find.
- 4 Then turne to me thy countenance
of amiable grace,
And let thy mercie shadow me,
while life I haue and space,
- 5 And laie not to my charge, good Lord,
the sinnes that I haue done,
But them forget, and me forgiue,
for Christes sake thy sonne.
- 6 And cause thy mercie to be heard,
of me before the prime:
For I in the haue put my trust,
alone from time to time.
- 7 Most blessed Lord, grant that I maie
thy mercie sweet obtaine,
And that right soone thou me release
from my deserued paine.
- 8 With great repentance doe I call,
my hope assureth mee,
Thou wilt forgiue me all my sinnes,
because I trust in thee.
- 9 I know that thou art nigh to all
that call vpon thy name;
And wilt direct their steps aright,
that craue of thee the same.
- 10 Wherefore good Lord shew me the waie
I ought for to walke in,

Verse. 8.

*Auditam
fac mihi
manu mi-
sericordi-
am tuam,
quia in te
speraui.*

*Nota fac
mihi via
in quo am-*

Sorrowfull Soule.

- 70 I my soule haue lifted up,
 to thee with all my sin,
 11 Lord manie times in deed thou hast
 directed me the wale,
 And I haue purposed in my selfe,
 no more to go astray:
 12 Yea, when I haue repentant bin,
 and vowed in my hart
 Thy law for to obserue and keepe,
 and neuer to depart;
 13 The diuell my dailie enimie
 contriud the matter so,
 That his deceit, yer I was ware,
 gaue me the ouerthro:
 4 And Lord without assistance thine,
 he vanquish will yer long
 All the kingdoms vpon the earth,
 he is become so strong.
 15 Deliuier me from all my foes,
 for vnto thee I flie,
 And giue me strength, my God to doo
 thy will effectually.
 16 For of my selfe no power I haue
 to doo the good I should,
 Ne for to wish or thinke the good
 that verie faine I would.
 17 Thy mercie onclie, Lord, it is
 by which I must preuaile,
 For man without thy helpe and aid,
 of purpose needs must faile.

bull, quia
 ad te leua-
 ui animam
 meam.

Verse. 9.
 Erise me
 de inimicu
 meis, domi-
 ne ad te
 confugi.
 Verse. 10.
 Docere me
 facere vo-
 luntasem
 tuam, quia
 Deus meus
 es tu.

18 Thou

Seuen Sobs of a

18 Thou hast with reason and with will
indued me I know;
But will (of force) without thy grace,
must reason ouerthrow.

19 Wherefore, Lord, let thy holie spirit,
conduct me in the waie,

Vnto the land of righteousness,

I thee beseech and praie:

20 Where thine elect and chosen sort
thy brightnesse shall behold,

With such heauenlie felicitie
as cannot here be told;

21 Not that I haue deserued, Lord,
for to possesse the same,

But for thine endlesse mercies sake,
and for thine holie name.

22 Thou wilt not, Lord, the death of him
that dailie dooth offend,

But that he rather doo conuert,
and so his life amend.

23 This is thy will, this is thy mind,
though I a sinner bee;

If by repentance I doo turne,
then wilt thou turne to mee.

24 And then shall I receiued be,
and be remiud againe,

And through thy equitie be freed,
of euerlasting paine.

25 For whereas I by sin am dead
spirituallie to saie,

*Spiritus
bonum de-
ducet me
in terram
rectam.*

*Verse 11.
Propter
nomen tu-
um domi-
ne.*

*Vniifica-
bo me in
equitate
tua.*

Sorrowfull Soule.

I shall bethinke me of the same,
and for thy mercie praie.

26 My bodie now by nature weake,
shall then in strength arise,
And shall in glorie shine more bright,
than dooth the sun in skies.

27 Where now the same, O Lord, is giuen
to lust and lewd delight,
Shall then arise all spirituall,
and yeeld to reasons might.

28 No grosenes then, but that it maie
pearse through the thickest stone;
And as for things corruptible,
it shall haue mind of none.

29 Immortall it shall euer be,
impassible withall,
Betweene the bodie and the soule
shall then no strife befall.

30 Thus Lord, *Thou shalt bring forth my soule*
from troubles all that bee,
And shalt mine enimies destroye,
through mercie shewd to mee.

31 Thou shalt them viterlie confound,
that doe my soule molest,

For I by grace thy seruant am,
and in thy mercie rest.

32 Good Christ which gau'st thy life for
and suffredst on the tree: (me

Preserue my bodie and my soule,
and mercie haue on mee, Amen,

FINIS.

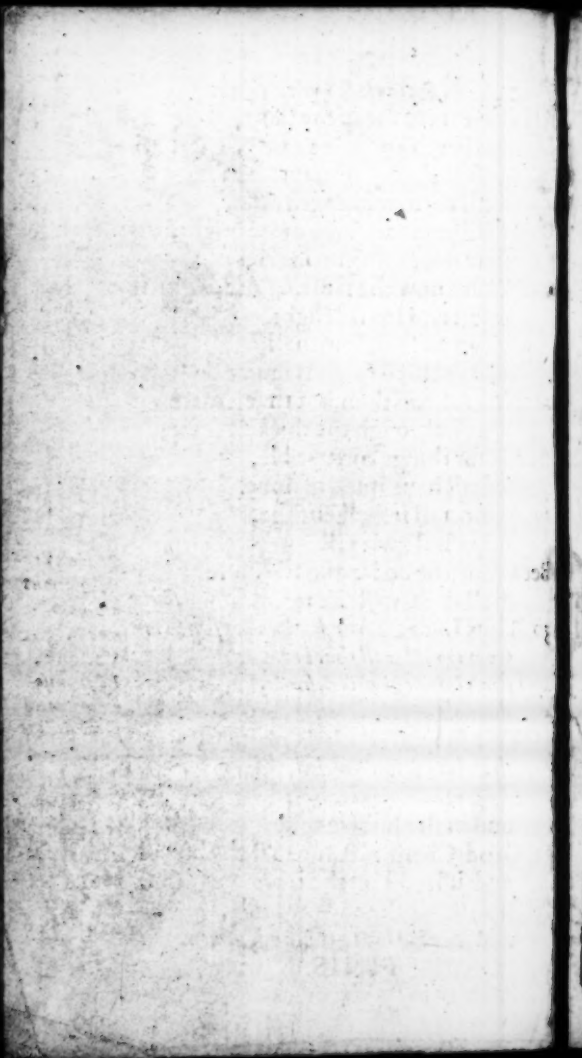
*Et duces de
tribulatione
animam
meam.*

Verse 12.

*Et in mise-
ricordia tua
disperdas in-
micos meos.*

*Et perdis
omnes qui
tribulant
animam me-*

*am, quoniam
ego seruum
tuum sum.*



A Handfull of
Honisuckles:

Gathered by *William
Hunnis*, one of the Gentle-
men of hir Highnesse chapell,
and Maister to the chil-
dren of the same.



Prepard with faith, confirmd with hope
and furnished with loue,
Approch and praie, so thou beelow
shalt please the Lord aboue.

Newlie printed by
Henrie Denham.

1589

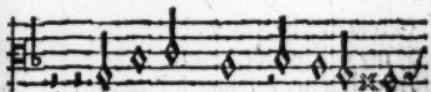
Prou. 11, verse, 19.
*The Lord is absent verie far,
from such as be vniust,*



*But he dooth beare the righteous praise,
(because in him they trust)*

I
Certeine short and pithie
praiers vnto Iesus Christ
our Sauour.

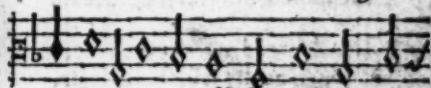
The daie shall come (saith Christ)
and that shall many see,
Who calls vpon my name,
shall surelie saued bee.



O I E S V meeke, ô I E S V sweet,



ô I E S V sauiour mine, most grati-



ous I E S V to my call, thy gracious cares



incline.

I know, good I E S V, yer I speake,
thou knowest what I would haue:
Ie'u, thy grace I know it is,
that bids me mercie craue.

E. I.

©

A Handfull

O Iesu deare, whose pretious blood
 was shed on crosse of tree,
 Sweet Iesu for thy passion sake,
 haue mercie now on mee: *Amen.*

2 O Iesu sweet, grant that thy grace
 alwaies so worke with mee,
 I may desire the thing to doo,
 most pleasing vnto thee.

O Iesu meeke, thy will be mine,
 my will be thine also,
 And that my will may follow thine,
 in pleasure paine and wo.

O Iesu, what is good for me,
 is aie best knowne to thee;
 Therefore according to thy will,
 haue mercie now on mee: *Amen.*

3 O Iesu deare, doo thou with me,
 euen as thy will shall please,
 Sweet Iesu, put me where thou wilt,
 to suffer paine or ease.

Iesu, behold, I am but thine,
 where I be good or ill;
 Yet by thy grace I redie am,
 thy pleasure to fulfill.

Iesu, I am thy workmanship,
 most blessed maist thou bee;

Sweet

3
of Honisuckles.

Sweet Iesu for thy mercie sake,
haue mercie now on me, *Amen.*

O Iesu meeke, grant that I may
repose my trust in thee;
For thou sweet Iesu art the peace,
and true tranquillitie.

Thou Iesu art the very peace,
and quietnes of mind,
The onlie rest vnto the soule,
that shall thy fauour find.

Wherefore sweet Iesu doo vouchsafe,
my soule this peace may see,
And for thy painfull passion sake,
haue mercie now on mee, *Amen.*

O Iesu, if thou doo withdraw
thy comfort for a time,
Let not despaire take hold on me,
for any sinfull crime.

But giue me patience to abide
thy pleasure and thy will,
For sure thy iudgements all are right,
thought I be wicked still.

But yet a promise hast thou made,
to all that trust in thee,
According to which promise Lord,
haue mercie now on mee, *Amen.*

4
A Handfull

• O Iesu deere, giue me that grace,
I gladly suffer maie,
What euer so thy pleasure be
vpon me for to laie.

O Iesu meeke, what thanks ought I
to giue vnto thy Name,
Which for my sinnes to set me free,
hast suffred death and shame?

O Iesu sweet, my wickednesse
I doo confes to thee;
Wherefore as thou hast promised
haue mercie now on me: *Amen.*

• O Iesu sweet, a little thing
sometime dooth vex me sore,
And makes me slow to giue thee thanks,
ah, wo is me therefore.

Iesu, againe sometime I thinke,
still strongly for to stand,
But when a little trouble coms,
I straight fall vnder hand.

Thus Iesu see, a small thing makes
temptation great to be,
My weaknes Iesu doo behold,
and mercie haue on me, *Amen.*

• O Iesu Christ in all things now,
assist me with thy grace,
And make me strong wth heuently strength
while life I haue and space.

5
of Honifuckles.

Iesu let not mine enimie
the feend ne yet the flesh
Preuaile, though still they me assaile
from day to day afresh.

But Iesu strengthen thou my spirit,
it may the victor be,
And for thy tender mercies sake,
haue mercie now on me, *Amen.*

O Iesu, who shall giue me wings
of perfect peace and loue,
That I therewith from hence may flie,
and rest with thee aboue.

O Iesu, when shall I ascend,
and feele how sweet thou art,
And leaue the earth and loue thee best,
with all my soule and hart?

Sweet Iesu when thy pleasure is,
the time is knowne to thee:
Both now and then, o Iesu deare,
haue mercie Lord on me, *Amen.*

O Iesu, king of glorie great,
the comfort of vs all:
We wander here in wildernesse,
and euery daie doo fall.

Sweet Iesu, come and visit me,
my heauie soule make glad,
Which now through sin in prison lies,
all heauie, sicke, and sad.

A Handfull

Good Iesu with thy presence set
 my soule at libertie,
 And for thy bitter passion sake,
 haue mercie now on me, *Amen.*

81 **O** Iesu oft it greeueth me,
 and troubleth sore my mind,
 That I so weake and fraile am found,
 to wander with the blind.

O Iesu deere, thou lasting light,
 whose brightnesse dooth excell,
 The cleernes of thy beams send downe,
 within my heart to dwell.

O Iesu quicken thou my soule,
 that it may cleaue to thee,
 And for thy painfull passion sake,
 haue mercie now on mee, *Amen.*

12 **O** Iesu, grant I may resigne
 my selfe vnto thy will,
 And that I may my selfe forsake,
 and cleaue vnto thee still.

O Iesu grant that I may haue
 of ioie and inward peace,
 And of the pains I haue deseru'd,
 good Iesu me release.

Sweet Iesu giue me inward ioie,
 my soule to feed on thee,

And

7
of Honisuckles.

And for thy tender mercies sake,
haue mercie now on mee: *Amen.*

O Iesu sweet, I know I am
but vanitie and sin,
Vnconstant as the wind that blowes,
and euer so haue bin.

Whereof then Iesu may I brag?
or what haue I to saie?
Shall I of men seeke to be praisd?
or yet extold for aie?

No Iesu sweet, the true praise is,
for to be praisd of thee,
Wherefore good Iesu weigh my case,
and mercie haue on mee: *Amen.*

O Iesu, thou my glorie art,
in thee will I reioise,
And not, good Iesu, in my selfe,
nor yet in that mans voice

That worldlie honor may me giue,
to set me vp on hie,
Torule among the sonnes of men,
and sit in dignitie.

These are but shadowes to compare
to glorie that's with thee,
Sweet Iesu for thy glories sake,
haue mercie now on mee: *Amen.*

A Handfull

15 **O** Iesu, here in earth we liue;
and soone deceiued are,
With vaine delights y world dooth yeeld
wherein we run too farre.

But yet, sweet Iesu, if I could
behold my selfe right well,
I should good Iesu plainlie see,
and therein truelie tell

The troubles that are false on me,
were for offending thee,
For which offense I pardon craue,
haue mercie Lord on mee: *Amen.*

16 **O** Iesu Christ, vnder whose power
is both the sea and land,
Arise and helpe me to defend,
by power of thy strong hand

From such as lurke and lie in wait,
and seeke to doo me wrong,
Sweet Iesu, see how weak I am,
and how that they be strong.

Iesu make hast and come with speed,
my trust is al in thee;
And therefore Iesu helpe me now,
and mercie haue on mee: *Amen.*

17 **O** Iesu, comfort mine exile,
asswage my dole and greefe,
With

of Homisuchles.

With thee to be is my desire,
mine onelie cheefe releefe.

Iesu, the pleasures of this world,
they may not long indure,
And he that puts his trust therein,
shall find them all vnure.

Sweet Iesu grant that I may haue
mine onelie ioy in thee,
And for thy bloodie passions sake,
haue mercie now on mee: *Amen.*

O Iesu Christ that hast me made,
and with thy bloud me bought,
Suffer me not to be condemnd,
whom thou hast made of nought.

18

O Iesu mild, in time of need
thy mercie doe bestow,
And in thy iustice iudge me not,
nor doe thy rigor show.

O Iesu in extremitie,
I doe appeale to thee;
Wherefore sith that I trust in thee,
haue mercie now on mee: *Amen.*

19

O Iesu sweet, for heauenlie things
I often seeke to find,
But then affections of the world,
doe backward plucke my mind.

19

E. 5.

Again

A Handfull

Againe, I seeke for to subdue,
 th'affections that doo rise;
 But to my spirit they will not be
 subiect in any wise.

Thus Iesu meeke, thou seest I strive,
 and all to be with thee,
 Wherefore good Iesu make me strong,
 and mercie haue on mee: *Amen.*

20 **O** Iesu, manie times I praie,
 and call vpon thy name;
 When that my hart is far awaie,
 alas I more to blame.

And that good Iesu coms to mind,
 that custome often brought,
 Whereby the praiers that I make,
 be vaine and turne to nought.

Sweet Iesu pardon and forgiue,
 when so I praie to thee,
 And for thy endlesse mercies sake,
 haue mercie Lord on mee: *Amen.*

21 **O** Iesu, be not long awaie,
 nor in thy wrath depart,
 But mortifie that flesh-desires,
 and lighten thou my hart.

Send forth the burning flames of loue,
 cleane to consume for aie

The cloudie fanfies of my mind,
which trouble me alwaie.

Good Iesu gather all the powers
of my poore soule to thee,
And make me to refuse the world,
and mercie haue on mee.

O Iesu mild, thine care bow downe, 21
and ponder my desire,
Deale not with me, as I deserue,
to punish in thine ire.

But me defend, O Iesu meeke,
through mercie great of thine,
From dangers such as may befall,
this sinfull soule of mine.

O Iesu, hide not now thy face,
from him that calls on thee,
But Iesu of thy bitter death,
haue mercie now on mee, *Amen.*

O Iesu sweet with mercie now, 22
reforme that is amis,
And with the strength of thy great grace
send light where darknesse is.

Good Iesu from my secret faults,
doe make me cleane and bright,
And from presumptuous sins, O Lord,
defend me through thy might.

Good

A Handfull

Good Iesu cast my youthfull sinne,
 behind thy backe to be,
 And for thy tender mercies sake,
 haue mercie now on me, *Amen.*

24 **O** Iesu, shut not vp my soule
 with those that run astray,
 But let the shadow of thy wings,
 my soule protect alway.

Good Iesu turne thee vnto me,
 and clense me from my sinne:
 Sweet Iesu Christ doo not behold
 how wicked I haue bin.

But thinke vpon thy mercies great,
 though I vnworthie be;
 And for thy painful passion sake,
 haue mercie now on me, *Amen.*

25 **O** Iesu sweet, giue me an hart,
 that is contrite and pure,
 A bodie chaste that humble is,
 and constant to indure.

A mind that is with heauenly ioies
 repleat through thy great grace,
 A soule likewise to magnifie
 thy praise in euery place.

O Iesu, for thy mercie sake,
 let these proceed from thee,
 And then no doubt I shall be sure,
 thou mercie hast on me: *Amen.*

Certeine blessings pro-
mised by God vnto al those
that do loue and feare
him. Deut. 28.

WHo hearkens to the voice of God
and dooth his law fulfill,
Shall blessed be in towne and field,
with mercie and good will.

His frute shall likewise blessed be,
that from his loins shall spring:
His corne and cattell shall increase,
with plentie of all thing.

His oxen and his flocks of sheepe,
shall blessed be with store:
His going out and comming in,
shall blest be euermore.

His enemies that shall arise,
shall fall before his face,
And flee for feare, as dooth the beast
the hunter hath in chase.

His houses that be made for store,
with great increase shall gro,
And euerie thing he takes in hand,
shall blessed be also.

Vouchsafe good God to giue me grace
so to direct my mind /